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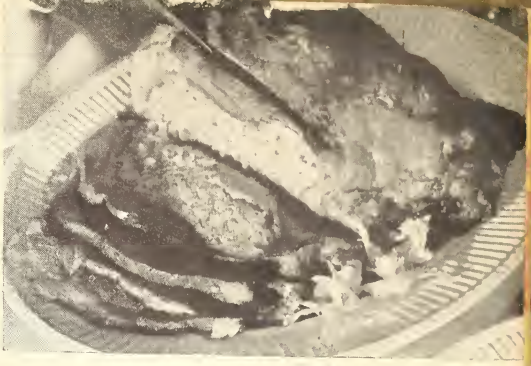

# MEAT DISHES AT LOW COST

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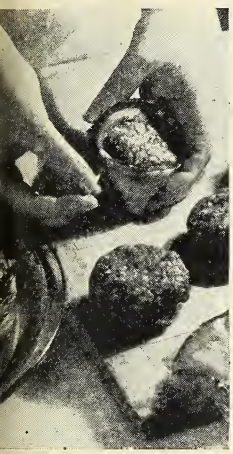

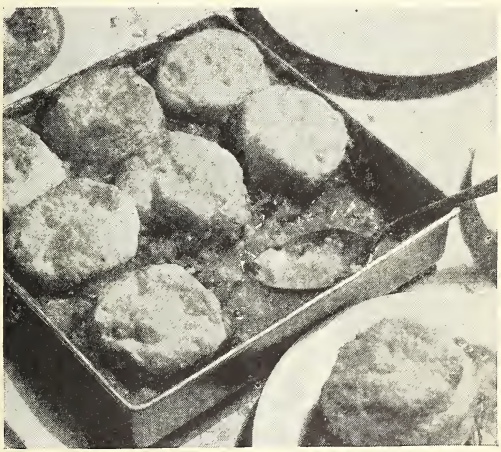

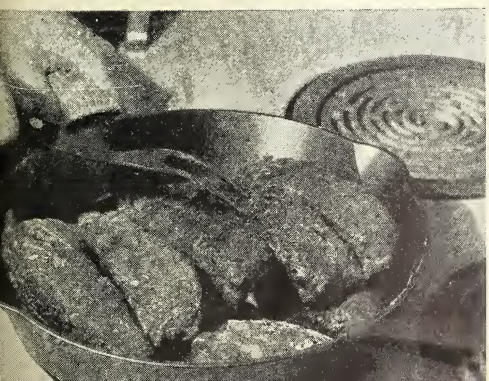

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Washington, D. C. November 1934

# MEAT DISHES AT LOW COST

*Prepared by Foods and Nutrition Division, Bureau of Home Economics*

Because of the drought last summer and for other reasons, there is more very lean meat in many markets and there are fewer well-marbled steaks and roasts with a thick rim of fat. The supply of meat for the country as a whole is also smaller than it has been for some years past. This calls for more skill in cooking meat and in devising good combinations with other foods. But with the simple principles of meat cooking developed by recent scientific research, and a spirit of adventure toward trying new flavors and new ways of serving, appetizing, nourishing dishes in great variety can be made with whatever the market offers. The recipes included here are typical of hundreds of others that might be given. The following are general points to bear in mind.

Cook meat slowly, using moderate temperature most of the time. Meat is a protein food and, like white of egg, is toughened by prolonged heating at high temperature. To make meat savory, brown to develop the characteristic rich flavor, but cook at moderate temperature the rest of the time.

Whether to roast, broil, or braise a piece of meat depends on the tenderness of the cut and the amount of fat it contains. There are tender cuts and less tender cuts. The tender cuts are beef roasts and steaks from the rib and the loin, all cuts of lamb and pork, and probably all cuts of veal. The less tender cuts are beef chuck, brisket, plate, rump, round, and flank.

When meat has plenty of fat, cook according to the cut. Roast or broil the tender cuts in uncovered pans, without added water. Tough meat requires long, slow cooking with moisture; so make the less tender cuts into pot roast, stew, or some other braised dish. Or, grind less tender meat and cook it like tender meat.

When meat has very little fat, it is usually best to modify the rules of cooking meat according to the cut. To veal and to very lean beef, lamb, or pork, whether tender or not, add fat for richness and good flavor, and cook as braised steaks and chops, oven-braised meat, pot roast, and stews.

Savory seasonings add zest to many a homely dish at little cost. The following seasonings are good with meat: Onions, sage, thyme, leaf savory, bay leaf, mint leaves, parsley (fresh or dried), celery tops (fresh or dried), celery seed, caraway seed, cloves, pepper, paprika, curry, grated horseradish, Tabasco sauce, garlic buttons, and many others.

Combine meat with other foods. Skill in combining foods plus knowledge of food values is the key to interesting, appetizing, balanced meals. Meat is one of the very flavorful foods; so make it go as far as possible in toning up bland foods.

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Save all left-over meat, gravy, or drippings, and make broth of the bones. Keep left-over cooked meat cold, and serve as sliced meat or in salad. Or use left-over meat with other foods in appetizing hot dishes such as stuffed peppers, chop suey, curry, browned hash, and croquettes. If you have a cold place to keep meat, you can economize on fuel and time by cooking a large piece and using it for several meals.

Canned meat is already cooked, and like left-over meat, can be quickly turned into many a good one-dish meal with vegetables and cereals. Cook the vegetables and cereals first, add the canned meat, and heat thoroughly.

For fuel economy, top-of-the-stove cooking is emphasized in the selection of the following recipes.

## BRAISED STEAKS AND CHOPS

### SWISS STEAK

For Swiss steak select a fairly thick piece of beef from the chuck, rump, or round, or a slice of veal. Season the meat with salt and pepper, sprinkle generously with flour, and pound thoroughly. The pounding helps to make the meat tender, and the flour absorbs the juice. Cut the steak into individual portions and brown in suet or other fat in a heavy skillet or kettle. Then add canned or sliced tomatoes, or water enough to cover. Partly cover with a lid, and simmer for 1½ to 2 hours, or until the meat is tender enough to be cut with a fork. There should be plenty of good gravy to serve over the meat.

### SMOTHERED STEAK WITH ONIONS

If the steak is a very lean porterhouse or sirloin, brown it on both sides in a little suet; then remove from the pan. Brown 1 to 1½ quarts of sliced onions in the same pan. Then put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

If the steak is from the round, rump, or chuck, or if it is a flank steak, follow the recipe for Swiss steak, and add sliced onions during the last half hour of cooking.

### BRAISED CHOPS WITH NOODLES OR RICE

For braising, use veal or very lean lamb or pork chops. Cut through the edges in several places to prevent curling. Sprinkle the meat with salt, pepper, and flour, and brown in fat. Add a little water, cover the pan, and finish the cooking slowly for about an hour, or until the meat is tender. Make gravy of the drippings. Serve the chops and gravy on a platter with a border of boiled noodles or rice

## POT ROASTS AND STEWS

### POT ROAST OF BEEF OR VEAL WITH VEGETABLES

For a pot roast select a piece of beef or veal weighing 3 to 5 pounds from the chuck, shoulder, rump, or round. Sprinkle the meat with salt, pepper, and flour, and tie or skewer into compact shape. Brown the meat in a heavy pot, using a generous quantity of suet if the meat is very lean. Then slip a low rack under the meat to keep it from sticking to the pot. Add one-half cup of water, cover with a close-fitting lid, and cook slowly over a low fire until the meat is tender when pierced with a fork. This will probably take 2½ to 3 hours. Add onions, carrots, or potatoes about an hour before the meat is done.

To make gravy, skim the fat from the liquid in the pot. Add about 3 tablespoons of flour to the fat and combine with the rest of the drippings. Stir over the fire until smooth, and season to taste. Serve the pot roast on a hot platter with the vegetables.

### SAUERBRATEN WITH GINGERSNAP GRAVY

Cover 3 to 5 pounds of chuck, rump, or round of beef with equal parts of vinegar and water. Add a few bay leaves, a dozen whole cloves, a spoonful of whole black peppers, and a peeled onion. Let the meat stand in the vinegar for 2 or 3 days, turning it so that it will pickle evenly. Remove the meat from the liquid and brown it in hot fat in a heavy kettle. Then slip a rack under it to keep the meat from sticking to the pot, add 1 cup or less of the pickling liquid or water, cover with a close-fitting lid, and cook slowly for about 2 hours, or until the meat is tender.

Make gravy of the drippings and add 3 or 4 gingersnaps broken into small pieces and stir until smooth. Or, instead of adding gingersnaps, season the gravy with a little ginger and sugar.

### BRAISED BEEF, VEAL, OR LAMB WITH BROWNED POTATOES

Select a piece of beef, veal, or lamb weighing 3 to 5 pounds. Use chuck, rump, or round, or a very lean rib roast of beef; any cut of veal; or very lean lamb leg or shoulder.

Sprinkle the meat with salt, pepper, and flour. Brown on all sides in fat as for a pot roast; or, if this is not convenient, omit the browning, and lay pieces of suet, salt pork, or bacon over the top of the meat. Then put the meat on a rack in a roasting pan, cover closely to hold in steam, and cook in a moderately hot oven (about 375° F.) until tender. This will probably take from 1½ to 2½ hours, depending on the size and tenderness of the cut. About 45 minutes before the meat is done, put pared raw potatoes into the pan around the meat. Turn the potatoes in the drippings and sprinkle with salt. Cover the pan again and cook until meat and potatoes are tender. Remove the lid to allow them to brown before serving. Make gravy of the drippings.

### BRAISED SHORT RIBS OF BEEF

Select 3 to 4 pounds of well-fleshed short ribs of beef. Cut into individual servings. Sprinkle the meat with salt, pepper, and flour. Brown well on all sides in the suet. Lay the brown pieces on a rack in a roasting pan, add 1 cup of water, cover closely, and bake in a moderately hot oven (375°–400° F.) for 1½ to 2 hours, or until the meat is very tender. Make gravy with the pan drippings, and if desired add grated horseradish.

### BRAISED STUFFED SHOULDER OF VEAL

Select a veal shoulder weighing 4 to 6 pounds. Remove all the bones and save them for soup. For the stuffing, cut one-fourth to one-half pound of suet or salt pork into small pieces and fry crisp. Then add a chopped onion, cook for a few minutes, and stir in 3 to 4 cups of bread crumbs. Season the stuffing to taste with salt and pepper, and if desired add thyme or savory seasoning.

Spread the hot stuffing inside the boned shoulder. Roll the shoulder compactly, sew or tie in place, and sprinkle with salt, pepper, and flour. Lay the stuffed shoulder on a rack in a roasting pan, and put several pieces of suet or salt pork on top. Cover the pan closely to hold in steam. Bake in a moderately hot oven (about 375° F.) for 2 to 2½ hours, or until the meat is tender. Make gravy of the pan drippings.

### MEAT AND VEGETABLE STEW

For a stew, select beef or veal neck, plate, brisket, flank, or shank; or lamb breast, shoulder, neck, or flank. Cut from 1 to 2 pounds of meat into fairly small pieces. Sprinkle the meat with salt, pepper, and flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid and cook slowly for 1 to 1½ hours, then add sliced turnips, carrots, and potatoes, and cook until the meat and vegetables are tender. If the stew is not thick enough, add a little flour mixed with cold water and cook for a few minutes longer. Season to taste with salt and pepper.

### MEAT PIE

For a meat pie use a stew made according to the recipe above. Or combine canned meat, or left-over cooked meat and gravy, with tomatoes and other vegetables, and season to taste. Pour the meat mixture into a shallow pan or bak-

ing dish, and cover with biscuit dough in a sheet or cut into rounds. Or use mashed potatoes for the top. Bake in a hot oven until hot through and through and brown on the top.

### SAVORY MEAT ON TOAST

Cut 1 pound of beef, veal, lamb, or pork into small pieces. Sprinkle with salt, pepper, and flour, and brown in fat. Add a sliced onion, 1 cup of cut-up celery stalks and leaves, and a can of tomatoes. Then cover, and cook slowly until the meat is tender. Thicken with a little flour mixed with cold water and cook a few minutes longer. Serve on slices of crisp toast.

### BOILED DINNER WITH HORSERADISH

Select 3 to 4 pounds of corned beef. Wash the meat, put on to cook in water to cover, bring to the boiling point, and drain. Cover the meat again with about 4 quarts of water, and let it simmer until tender. This may require about 3 hours. Take the meat out of the water. If the liquid is too salty pour off part of it and add sufficient fresh water to have at least 3 pints of well-flavored broth. To this add whole onions, and if they are very large, give them a start of about 20 minutes before putting in whole turnips, carrots, and potatoes. Lastly add a head of cabbage, cut in sections down through the center stalk so that the pieces will keep their shape. Cook until all the vegetables are tender. Serve the boiled dinner on a large platter, with the reheated meat in the center and the vegetables drained and placed neatly around it. If cooked in this way, the vegetables will be tender and yet not overcooked, as is sometimes the case with a boiled dinner. Serve grated horseradish with a boiled dinner.

### GOULASH, HUNGARIAN STYLE

Dice one-fourth pound of salt pork and fry until crisp. Cut equal amounts of lean beef or veal and pork (about three-fourths pound of each) into fairly small pieces, sprinkle with salt, pepper, and flour, and brown in the salt-pork drippings. Add sliced onions and green pepper and cook for a few minutes. Add water to cover and bay leaves and whole cloves, put on a lid, and cook slowly for 1 to 1½ hours. Then add about 1½ pints diced potatoes and carrots, and continue to cook until the meat and vegetables are tender. Thicken the stew with a little flour mixed with cold water, and cook a few minutes longer. Season to taste with salt and pepper.

### RAGOUT OF BEEF

For beef ragout cut 1 to 2 pounds of stewing beef into small pieces. Sprinkle with salt, pepper, and flour. Brown well in plenty of suet, and while browning add chopped onion, green pepper, celery, and parsley. Sprinkle with paprika, add water to cover, put on a lid, and cook slowly until the meat is tender. This will probably require from 2 to 2½ hours in all. There should be plenty of brown gravy with the meat. Season to taste with salt and pepper, adding, if desired, tomato catsup, or chili sauce, or grated horseradish.

### TSCHÉ WITH PANCAKES

(Adapted from a Russian recipe)

Select about 2 pounds of beef brisket and cut in small pieces. Cook the meat in 1½ quarts of water for 2 hours or until it is almost done. Chop a head of cabbage, slice 3 or 4 onions or leeks and a parsnip, add to the meat broth, and cook until meat and vegetables are tender. Mix 1 tablespoon of flour and one-fourth cup of sour cream, and add to the stew. Season to taste with salt and pepper.

Serve buckwheat, wheat, or corn pancakes with tsché.

### PIGS' KNUCKLES AND SAUERKRAUT

Wash and scrape pigs' knuckles and put on to cook in water to cover. Simmer for about 2 hours, or until the meat is tender. Then add sauerkraut to the broth and cook just long enough to make it tender. Season to taste with salt, pepper, and celery or caraway seed.

### CURED PORK GUMBO IN RICE RING

Cut 1 pound of cured ham or shoulder into small pieces. Or use left-over cooked meat. Brown the meat in some of the fat. Chop an onion, a green pepper, a sprig of parsley, and 2 or 3 stalks of celery, add to the meat, and cook for a few minutes. Add 1 pint of water and 1 quart of fresh or canned tomatoes and simmer until the meat is almost tender. Then add 1 quart of sliced okra, also a bay leaf or a little celery seed if desired. Simmer uncovered until the meat and the okra are tender and the stew has thickened. Season to taste with salt and pepper. Serve the gumbo in a rice ring.

For a rice ring, wash 1 cup of rice thoroughly and sprinkle it into 1 quart of rapidly boiling salted water. Cook gently for about 20 minutes, or until the rice is tender and the water absorbed. Add 2 tablespoons of butter or other fat, and a dash of Tabasco sauce. Pat the rice down into a well-greased ring mold. Heat in the oven, turn onto a platter, fill the center with the gumbo, and serve at once.

### FRICASSEE OF VEAL OR LAMB WITH DUMPLINGS

Veal or lamb breast, shoulder, neck, flank, and shank meat are all good for a fricassee. Cut from 1 to 2 pounds of meat into fairly small pieces, sprinkle with salt, pepper, and flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid, and cook slowly for 1 to 1½ hours. Then add turnips and carrots, and chopped green peppers, if desired, and cook until the meat and vegetables are tender. The stew should have plenty of gravy, very slightly thickened. Season to taste with salt and pepper.

For dumplings, sift 1 pint of flour with three-fourths teaspoon of salt and 3 to 4 teaspoons of baking powder, work in 2 to 3 tablespoons of fat, and add 1 cup of liquid (water or milk). Drop the dumpling batter by spoonfuls over the stew, cover tightly to hold in the steam, and cook for 15 to 20 minutes, or until the dumplings are done.

## LOW-PRICED ROASTS

### ROAST STUFFED SHOULDER OF LAMB OR PORK

Select a plump shoulder of lamb or of fresh pork weighing from 3 to 5 pounds. Remove all the bones, and from a lamb shoulder remove the fell also.

To make the stuffing, chop an onion and 2 or 3 stalks of celery and cook in 2 to 3 tablespoons of fat; add 1 pint of bread crumbs, stir all together, and season to taste with salt, pepper, and savory seasoning. Or, if preferred, instead of savory add fresh mint leaves to the stuffing for a lamb shoulder.

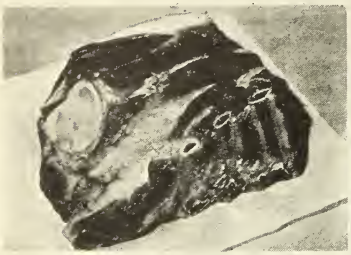
Spread the hot stuffing inside the boned shoulder. Roll the shoulder compactly, sew or tie in place, sprinkle with salt, pepper, and flour. Lay the stuffed shoulder fat side up on a rack in a roasting pan. Do not add water and do not cover.

Use a moderate oven temperature (about 350° F.) from start to finish. Or, brown the roast in a hot oven (450°–500°) for 20 to 30 minutes; then lower the temperature to very moderate (about 300°) for the finish. Cook until the meat is tender. This will probably require 2½ to 3 hours. Make gravy of the pan drippings.

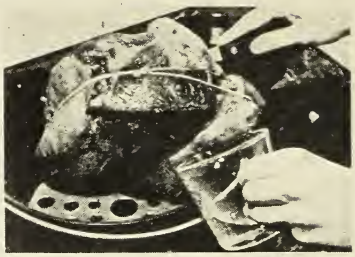
### ROAST STUFFED CURED PORK SHOULDER

Select either a picnic or a long-cut shoulder. Remove the skin and the bones and soak the meat overnight in water to cover. To make stuffing for a 4- to 5-pound picnic shoulder, chop an onion, a few sprigs of parsley, and enough celery to make about 1 cup, and cook in 2 tablespoons of fat. Mix one-half pound of seeded chopped raisins with about 1 pint of fine bread crumbs, blending with the fingers, add to the cooked vegetables and stir all together. Season lightly with salt, and add grated lemon rind if desired. Spread the hot stuffing over the inside surface of the boned shoulder. Sew the edges together. Lay the stuffed shoulder fat side up on a rack in a roasting pan. Do not add water and do not cover. Roast at very moderate heat (300°–325° F.) for about 3½ hours, or until the meat is tender. For a long-cut shoulder weighing 9 to 10 pounds, make twice this quantity of stuffing and allow from 4½ to 5 hours for the roasting.

# Pot-roasting
## a less-tender cut

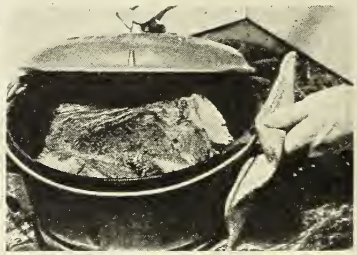


For a pot roast, select beef chuck, rump, or round



Add a little water—about one-half cup

Use a pot with close-fitting lid and a rack 2



Cover and cook slowly until tender all through 5

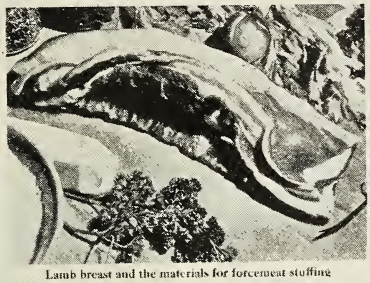
Brown in beef fat to give rich flavor

Add vegetables during the last hour

Long, slow cooking with a lid to hold in the steam is the way to make tough meat tender

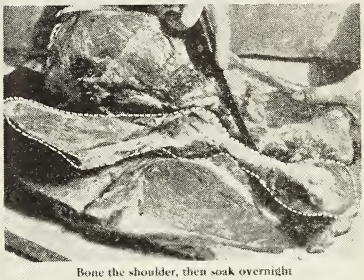
# Stuffing
## low-priced tender roasts

BREAST OF LAMB

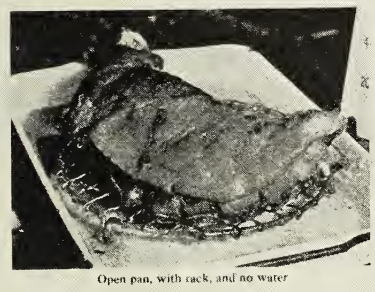


Lamb breast and the materials for forcemeat stuffing

CURED SHOULDER OF PORK

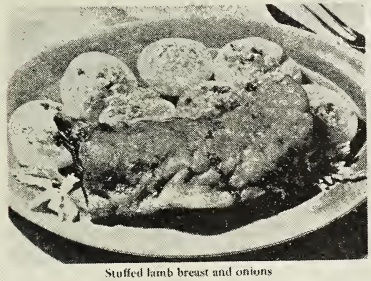


Bone the shoulder, then soak overnight



Open pan, with rack, and no water

Fill with raisin stuffing and bake slowly (275 to 300° F.)



Stuffed lamb breast and onions

A boned roast is easy to carve

**For other good stuffed roasts try lamb shoulder, fresh ham and pork shoulder, and spareribs**

### ROAST STUFFED BREAST OF LAMB AND ONIONS

A lamb breast makes a good low-cost roast for a small family. Select a plump breast including the foreshank. Have the breastbone cracked, or preferably removed entirely, so it will be easy to carve straight through between the ribs. Cut the meat off the foreshank and grind it for forcemeat stuffing. To make the stuffing chop a sprig of parsley and a small onion and cook in 2 tablespoons of butter or other fat, add the ground meat, and cook until it begins to brown. Then add about 1 pint of bread crumbs. Season to taste with salt, pepper, celery seed, and savory seasoning. Make a pocket in the breast by cutting through the flesh close to the ribs. Fill the pocket with the hot forcemeat stuffing and sew the edges together. Sprinkle with salt, pepper, and flour. Lay the stuffed breast, ribs down, on a rack in a roasting pan. Do not add water and do not cover. Use a moderate oven temperature (about 350° F.) from start to finish. Or, brown the roast in a hot oven (450°–500°) for 20 to 30 minutes, then lower the temperature to very moderate (about 300°) for the finish. Cook until the meat is tender. This will probably require 1½ to 2 hours. If there is more stuffing than the breast will hold, use it as stuffing for onions to serve with the meat. Make gravy of the drippings.

For the baked onions, choose a large mild-flavored variety. Cut the onions in half crosswise and simmer in lightly salted water until about half done. Lift the onions out and arrange in a baking dish. Remove the centers without disturbing the outer layers. Chop the onion centers and add to the forcemeat stuffing. Fill the onion shells with this mixture, cover, and bake in a moderate oven for about one-half hour or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so that the onions will brown well on top.

### ROAST SPARERIBS WITH APPLE STUFFING

Select two spareribs sections that match. Have the breastbone cracked so that it will be easy to carve between the ribs.

For the stuffing, fry one-fourth of a cup of diced salt pork or bacon until crisp. Chop an onion, a sprig of parsley, and 2 or 3 stalks of celery and cook in the fat for a few minutes. Then add 5 or 6 tart apples diced or sliced, and sprinkle with one-fourth to one-half of a cup of sugar. Cook until the apples are tender and somewhat candied. Then stir in 1 cup of bread crumbs and season to taste with salt.

Lay one section of the ribs out flat, flesh side down, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside of the stuffed ribs with salt, pepper, and flour. Lay the stuffed ribs on a rack in a roasting pan. Do not add water and do not cover. Use a moderate oven temperature (about 350° F.) from start to finish. Or, brown the roast in a hot oven (450°–500°) for 20 to 30 minutes, then lower the temperature to very moderate (about 300°) for the finish. Cook until the meat is tender. This will probably require about 1½ hours. Remove the strings from the roast before serving. Carve between the ribs.

## GROUND MEAT, SAUSAGE, AND SALT PORK

### MEAT PATTIES WITH TOMATO GRAVY

Season ground raw meat (beef, lamb, veal, or veal and pork mixed) with salt and pepper, and if desired, also a little thyme. Drain the juice from a can of tomatoes and save the juice to use in the gravy. To the ground meat add the drained tomatoes, a chopped onion, and enough bread crumbs or mashed potatoes or boiled rice to make a fairly stiff mixture. Knead the mixture with the hands, mold into flat cakes, dip in flour, and fry slowly in fat, until the cakes are well browned on both sides. When cooking veal and pork patties, after browning, cover the pan and cook slowly until the meat is thoroughly done to the center of the cakes.

Make gravy of the pan drippings and tomato juice and serve with the patties.

### MEAT LOAF

For a meat loaf use the ground-meat mixture described above for meat patties, but make it slightly softer in consistency. Another good binder for meat

loaf is thick white sauce. Salt pork, diced and fried crisp, adds richness and flavor to meat loaf. Bake the meat mixture in a greased shallow pan in a moderately hot oven (375°–400° F.) until well done to the center. A loaf made with 1 pound of raw meat, 1 pint of bread crumbs, and the drained tomatoes from a no. 2 can will require about 1 hour to bake.

### GROUND BEEF BROILED ON TOAST

Toast slices of bread on one side. Spread the untoasted side lightly with butter or other fat and sprinkle with salt and pepper. For 6 or 8 slices of bread, season 1 pound of ground raw beef with salt and pepper and add 2 or 3 tablespoons of top milk or undiluted evaporated milk. Spread the meat mixture over the untoasted side of the bread slices, covering evenly to the very edge. Broil by direct heat, under a flame or a grill, for 5 to 10 minutes. Add melted butter or other fat, if desired. Serve hot with a garnish of pickles, sliced onion, or green pepper.

### CHILI CON CARNE

Soak one-half of a pound of chili beans or red kidney beans overnight in 1 quart of water. Cook the soaked beans in salted water until almost tender. In the meantime cut one-fourth of a pound of suet into small pieces and fry it crisp, add a sliced onion, 3 garlic buttons, and 1 pound of ground lean beef, and cook for a few minutes. Add this mixture to the beans and season to taste with chili powder, paprika, and salt. Cook slowly for about 1 hour until the mixture has a thick consistency.

Or, instead of starting with dried beans and raw meat, use canned beans and canned or left-over cooked meat to make chili con carne.

### SAUSAGE AND FRIED APPLES OR BROILED PEACHES

Fry sausage until brown and crisp, drain on absorbent paper, and keep hot. Leave about 4 tablespoons of sausage fat in the skillet. Meanwhile slice up tart, firm apples, leaving the skins on. Fill the skillet with the apples, sprinkle generously with sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will hold their shape, and let them brown and continue to cook slowly until they become almost transparent. Serve the fried apples on a hot platter with the sausage.

Drain the sirup from halves of canned peaches. Place the halves in a shallow baking dish, pit side up, pour over them a small quantity of melted butter or other fat, and add a very little salt. Broil under a flame or bake in an oven until the peaches are hot through and lightly browned. Serve hot with sausage.

### SAUSAGE, CABBAGE, AND APPLES EN CASSEROLE

Make the sausage into flat cakes and fry until crisp on both sides. Put a layer of shredded raw cabbage into a lightly greased baking dish, and add a layer of sliced apples, another of cabbage, and so on. Salt each layer as it is put on and have apples as the top layer. Lay the cakes of fried sausage over the top. Wash out the sausage pan with 1 tablespoon of vinegar and pour over the contents of the baking dish. Cover and cook until the cabbage and apples are tender. Serve from the dish in which cooked.

### SCRAPPLE

Select 3 pounds of bony pieces of pork. Simmer (do not boil) in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bones, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly stir in 2 cups of corn meal or 3 cups of cracked wheat, cook for about 30 minutes, and stir frequently. Add the chopped meat, salt, and any other seasoning such as a little sage or thyme. Pour the hot scrapple into bread pans which have been rinsed with cold water. Let stand until cold and firm. Slice, and brown slowly in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

### FRIED SALT PORK WITH MILK GRAVY AND HOMINY

Cook sliced salt pork in water for a few minutes, drain, and fry until crisp. Use some of the drippings for making milk gravy and the rest to fry apples, or apples and carrots. Serve with hominy, hot biscuit, corn bread, or rice.

### SALT PORK WITH DRIED BEANS OR PEAS

Soak dried beans or peas overnight, and boil in fresh water until tender. Dice salt pork and fry it crisp. Slice an onion and brown it in the fat. Add the beans or peas with the liquor in which they are cooked. If desired, add tomatoes. Heat all to boiling, pour into a shallow baking dish, and cook in the oven until the sauce thickens.

### SALT PORK IN STUFFED OR SCALLOPED VEGETABLES

Fry diced salt pork until crisp and mix it with bread crumbs, cooked rice, or other cereal. Use as stuffing for peppers or tomatoes. Or use the crisp cooked salt pork in scalloped dishes. Good combinations are sweetpotatoes and apples; cabbage and apples; and tomatoes with kidney beans, lentils, potatoes, or hominy.

## QUICK DISHES WITH LEFT OVERS AND CANNED MEAT

### MEAT CROQUETTES

To 1 pint of ground cooked or canned meat add 1 cup of mashed potatoes or boiled rice, moisten slightly with gravy, or milk, or tomatoes, and season to taste with onion, parsley, salt, and pepper. Mold into croquette shapes. Beat up an egg with 1 tablespoon of water. Have ready very dry sifted bread crumbs. Dip the croquettes into the egg mixture, roll in the bread crumbs, and let stand long enough to dry the coating somewhat. Heat fat in a deep vessel to 350° F., or until hot enough to brown an inch cube of bread in 40 seconds. Place 2 or 3 croquettes at a time in a frying basket and lower slowly into the hot fat and fry to a golden brown. Remove the croquettes and drain on a sheet of paper.

Softer croquettes can be made by using very thick gravy or white sauce instead of potato or rice.

### BROWNED HASH

To 1 quart of chopped boiled potatoes add 1 pint of chopped canned, or left-over cooked meat, 1 finely chopped onion, and seasonings to taste, and mix thoroughly. Or, grind cooked meat, boiled potatoes, and an onion together in a food chopper, mix thoroughly, and season to taste. Mold into flat cakes and fry slowly on both sides until crusty. Or spread the mixture in an even layer in a greased frying pan and cook slowly until well browned.

### SOUTHERN HASH

Start with cooked meat and gravy or meat broth. Or, to take the place of gravy or meat broth, dissolve 1 or 2 bouillon cubes in water. Cut the meat in small pieces and brown it in fat. Dice raw or cooked potatoes, slice an onion and a green pepper, and brown with the meat. Add the gravy or broth, and cook slowly on top of the stove, or bake the hash in the oven until it is brown over the top.

### CHOP SUEY

Brown 1 to 2 cups of shredded, canned, or left-over cooked meat (pork or veal or beef or lamb) in 1 tablespoon of fat. Cook a shredded green pepper and 1 pint of shredded onion in 1 tablespoon of fat for a few minutes. To this add the meat, 1 pint of shredded celery, and 1 pint of meat broth or thin gravy, or water, cover, and cook slowly for about 5 minutes. If the mixture needs thickening, add a little flour or cornstarch mixed with cold water, and cook for a few minutes longer. Then add 1 pint of sliced raw Jerusalem artichokes, or sliced radishes, or raw carrot, and season to taste with soy sauce and salt. Serve with flaky boiled rice.

### CURRY OF MEAT

For a curry use about 1 pint of chopped, canned, or left-over cooked pork, lamb, veal, or beef. Slice an onion and cook it in 2 or 3 tablespoons of meat drippings or other fat. Add 1 quart of sliced tart apples or green tomatoes. Cover and cook until tender. Add the meat and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice.

### STUFFED PEPPERS

Cut off the stem ends of green peppers, and remove the seeds. Boil the pepper shells for about 5 minutes in lightly salted water, and drain. Mix chopped cooked or canned meat with bread crumbs, cooked rice, or mashed potatoes, add melted fat, an onion chopped fine, and moisten with gravy, milk, chili sauce, or catsup. Season to taste with salt and pepper. Stuff the peppers with this mixture, cover with buttered crumbs, and bake in a moderate oven (about 350° F.) for 30 minutes, or until the peppers are tender and the crumbs are brown.

### CABBAGE ROLLS

Wash fresh green cabbage leaves and wilt them in hot salted water until they become limp enough to roll. Make the same type of cooked-meat mixture as that suggested for stuffed peppers (see recipe above), and put some of the mixture on each cabbage leaf and roll it up. Place the rolls carefully in a baking dish, add hot gravy or a very little hot water, cover the baking dish, and bake in a moderate oven (350° F.) for about half an hour, or until the cabbage is tender.

### PANNED CABBAGE AND CORNED BEEF

Heat 3 tablespoons of fat in a large pan, add 3 quarts of shredded cabbage, cover to keep in the steam, and cook for 10 to 15 minutes, stirring thoroughly. Add 1 pint of canned corned beef, separated into small pieces, and heat thoroughly. Season to taste with salt, pepper, and a little vinegar.

### HOT MEAT AND ONION SANDWICH

Cook 1 pint of sliced onions until tender in about 3 cups of liquid—broth, gravy, or water. Thicken slightly with flour mixed with cold water, and cook several minutes longer. Stir in 1 pint of cut-up left-over or canned meat and heat thoroughly. Season to taste with salt and pepper, and add if desired celery seed, or celery tops (fresh or dried), or parsley, or tomato catsup, or chili sauce. Use as the filling for hot sandwiches with bread or hot biscuit with plenty of the gravy poured over the top.

### FRENCH-TOASTED MEAT SANDWICHES

Mix ground cooked ham or cured shoulder with enough butter or other fat to spread easily on bread. Make sandwiches with this meat filling. Beat up 1 or 2 eggs with 1 cup of milk, and dip the sandwiches lightly on both sides in the egg and milk. Fry the sandwiches until golden brown. Serve hot.

### CREAMED HAM OR SMOKED SHOULDER

Make thin white sauce, using for each cup of milk 1 tablespoon of butter or other fat and 1 tablespoon of flour. Add ground or chopped cooked ham or smoked shoulder of pork to the white sauce, and season to taste with salt and pepper. A little chopped green pepper or parsley adds color and good flavor. Serve the mixture hot on toast, or with waffles, or in a rice or noodle ring.

### BAKED MEAT PINWHEELS

Chop a small onion fine and cook for a few minutes in three-fourths of a cup of meat broth, milk, or water. Thicken with a little flour mixed with cold water, add to 1 pint of chopped cooked or canned meat, and season to taste. Make biscuit dough, using 1 quart of flour, 6 teaspoons of baking powder, 1½

| Name of tree | Where the tree grows | Descriptive notes |
|---|---|---|
| Wax myrtle (*Myrica cerifera*) | Coastal region, New Jersey to Texas. | Wax coated berries in clusters. Leaves broader at outer end, fragrant. |
| Wax myrtle (*Myrica inodora*) | Florida to Louisiana | Leaves not toothed; little odor. |
| Corkwood (*Leitneria floridana*) | Gulf coast region and lower Mississippi Valley. | Lightest of all native woods. Leaves 4 to 6 inches long, shiny. Fruit ¾ inch long, podlike. |
| Aspen (popple)* (*Populus tremuloides*). | Northern United States; south in Rocky Mountains. Nearly across Canada. (See also p. 28.) | Leaves broad, finely toothed; leafstalks flat and long. |
| Largetooth aspen (*Populus grandidentata*). | Maine west to North Dakota, south in mountains to North Carolina. | Leaves coarsely toothed, broad, with flattened leafstalks. |
| Swamp cottonwood (*Populus heterophylla*). | Atlantic and Gulf coasts, central Mississippi. | Leaves broadly oval, 4 to 7 inches long, with rounded leafstalks, finely woolly when young. Buds resinous (fig. 3, E). |
| Balsam poplar (balm-of-Gilead)* (*Populus balsamifera*). | Across northern United States and Canada. (See also p. 28.) | Leaves dull-toothed; leafstalks rounded. Winter buds ½ inch long, shiny, resinous. |
| Eastern cottonwood (Carolina poplar)* (*Populus deltoides*). | Eastern half of United States | Leaves triangular, coarsely toothed, fragrant, with flattened stems. Buds resinous. |
| Cottonwood (*Populus palmeri*) | Southwestern Texas | Leaves finely toothed; leafstalks flattened. |
| Cottonwood (*Populus texana*) | Northwestern Texas (Panhandle). | Leaves coarsely toothed; leafstalk flattened. |
| Black willow (*Salix nigra*) | Eastern half of United States, along streams, not in swamps. | Leaves slender, long-pointed, finely toothed. Branchlets reddish. Largest of the willows. |
| Harbinson willow (*Salix harbinsonii*). | Coast, Virginia to Florida | Leaves whitish below, on short stems. |
| Peachleaf willow (*Salix amygdaloides*). | Northern United States, south in Rocky Mountains. (See also p. 29). | Leaves long, pointed (peachleaf), pale below. |
| Willow (*Salix longipes*) | North Carolina to Florida | Leaves lance shape, leafstems hairy. |
| Shiny willow (*Salix lucida*) | Northeastern quarter United States. | Leaves shiny above, pale below, ovate. |
| Sandbar willow (*Salix longifolia*) | Eastern and Rocky Mountain regions. | Leaves 4 inches long, smooth. |
| Balsam willow (*Salix pyrifolia*) | Extreme northern New England. | Leaves broad, plum shape. |
| Missouri River willow (*Salix missouriensis*). | Central Mississippi River Basin. | Branchlets hairy. |
| Pussy willow (*Salix discolor*) | Northeastern quarter of United States. | Leaves broad, shiny, and silky below. |
| (Bebbs)* willow (*Salix bebbiana*) | Northern United States, south in Rocky Mountains. (See also p. 29.) | Leaves elliptical, silvery white below. |
| Blue beech (water beech)* (*Carpinus caroliniana*). | United States east of the Great Plains. | Trunk fluted with ridges, bluish gray. Leaflike wing attached to seed. |
| Hophornbeam (ironwood)* (*Ostrya virginiana*). | United States and Canada east of the Great Plains. | Thin brown scaly bark. Fruit resembling hops, each seed in bag. Leaves doubly toothed. |
| Sweet birch (black birch)* (*Betula lenta*). | Maine to Michigan, Appalachian Mountains to Georgia and Alabama. | Young inner bark aromatic (source of wintergreen flavoring). Fruit of all birches is of 2 kinds of catkin borne on same tree (fig. 5, H). Timber tree. |
| Yellow birch (*Betula lutea*) | Maine to Minnesota, south in mountains to Georgia. | Bark peeling in yellow-brown curls. Leaves rounded in outline. Timber tree. |
| River birch (red birch)* (*Betula nigra*). | Southern New England, west to Minnesota, south to Texas. Along streams. | Bark red-brown, peeling in tough layers. Leaves oval, 2 to 3 inches long, narrowed at base, doubly toothed. |
| Gray birch (*Betula populifolia*) | New England, New York, Pennsylvania, and Delaware. | Trunks small, dull gray bark. Twigs drooping; leaves triangular, long-pointed, shiny. Small, short-lived tree. |
| Blueleaf birch (*Betula coerulea*) | Scattered in northern New England. | Leaves dull blue-green above, yellow-green below, oval, long-pointed. |
| Paper birch (canoe birch)* (*Betula papyrifera*). | New England across the northern States to Pacific, south in Appalachians. (See also p. 29.) | Bark pure white to light gray, separating in thin sheets. Leaves thick rounded at base. |
| Seaside alder (*Alnus maritima*) | Delaware, Maryland, Oklahoma. | Flowers opening in fall. |
| Beech (*Fagus grandifolia*) | Eastern half of United States. A widely ranging tree. | Leaves toothed, flat, thin, firm. Triangular edible nuts (fig. 5, G). |
| Chinquapin (*Castanea pumila*) | Pennsylvania to Florida and Texas. | Leaves smaller than above, shallow teeth. Burs of all chinquapins have 1 nut each. |
| Chinquapin (*Castanea ashei*) | Lower Atlantic and Gulf coast regions. | Leaves densely woolly beneath. Fruit spines stout. |
| Chinquapin (*Castanea alnifolia*[1] *floridana*). | Coastal region North Carolina to Louisiana. | Leaves rounded at end, narrowed at base. Bur with sparse spines. |

[1] An unusual case of a varietal name only.

FIGURE 3.—Leaves, fruit or flowers, and twigs of some hardwoods occurring chiefly in the southern forest region; *A*, water oak (p. 12); *B*, live oak (p. 14); *C*, winged elm (p. 14); *D*, sweet, or red gum (p. 16); *E*, swamp cottonwood (p. 10); *F*, swamp black gum (p. 22); *G*, tupelo gum (p. 22); *H*, overcup oak (p. 14). (See also p. 41.)

salt and pepper. Cut a slit in one side of the heart and fill with the stuffing, then sew up the slit. Brown the heart on all sides in fat; place it in a baking dish or casserole; add one-half cup of water, cover closely, and cook until tender in a very moderate oven (about 300° F.). A beef heart will require about 2 hours. A calf heart will cook tender in much shorter time. Make gravy of the drippings.

### KIDNEY STEW

Select a beef kidney, wash it well, and remove the skin and most of the fat. Cover with cold water, heat slowly to the boiling point; discard the water, and repeat the process until there is no strong odor. Then add about 1 quart of fresh water and simmer the kidney until tender. Cut the kidney into small pieces. Keep the broth if its flavor is good, and cook in it diced potatoes and a small onion. Then add the kidney. Thicken the stew with a little flour blended with butter or other fat and cook for a few minutes longer. Season to taste with salt and pepper, chopped parsley, and lemon juice.

### BEEF TONGUE

If using a fresh tongue, wash, cover with water, add an onion, a sprig of parsley, a bay leaf, several whole black peppercorns or whole cloves, and salt. Simmer (do not boil) for 2½ to 3 hours, or until the meat is tender. Skin the tongue, slice, and serve hot, or allow it to cool in the liquid after skinning, and serve cold.

If a smoked tongue is selected, soak it overnight. Put on to cook in water to cover, bring to the boiling point, and discard the water. Repeat several times if the water tastes very salty. Add fresh water and cook slowly until the tongue is tender.

### FRESH VEAL OR LAMB TONGUE EN CASSEROLE

Select a veal tongue or several lamb tongues. Cover with water, bring to the boiling point, and simmer for about 10 minutes. Drain, remove skin and gristle, and lay the skinned tongue in a large casserole. Cook about 1½ quarts of sliced vegetables (onion, celery, carrots, potatoes, and green pepper) in 3 or 4 tablespoons of fat for a few minutes. Season with salt and pepper. Put the vegetables over and around the tongue in the casserole and add hot water. Cover the casserole and bake in a moderately hot oven (about 375° F.) for about 1 hour, or until the meat is tender. If the gravy is not thick enough, add a little flour mixed with cold water, and cook a few minutes longer.

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